## Amendments to the Claims:

This listing of claims will replace all prior versions and listings of claims in the application:

## Listing of Claims:

Claims 1-6 (Canceled)

Claim 7 (Currently Amended): A side gas bag for a vehicle occupant restraint system, said side gas bag having an inflatable volume which is delimited by an exterior gas bag covering (16), said side gas bag being provided with an inflatable pouch (18) in an inflation region of said gas bag (14) inside said gas bag covering (16), said pouch (18) having an elongated, tubular shape with opposite first and second end faces (20, 22), said first end face (20) being constructed as an inflation opening, said second end face (22) being constructed as an outflow opening and being provided with a tear seam (24) which tears open at a predetermined internal pressure of said pouch (18) and thereby opens said outflow opening, The side gas bag according to claim 1, wherein no gas flows out of said pouch during the inflation of said pouch (18) and before the outflow opening is open.

Claim 8 (Currently Amended): A side gas bag module for a vehicle occupant restraint system, said module (10) comprising at least one side gas bag (14) including an inflatable volume which is delimited by an exterior gas bag covering (16), said side gas bag being provided with an inflatable pouch (18) in

an inflation region of said gas bag (14) inside said gas bag covering (16), said pouch (18) having an elongated, tubular shape with opposite first and second end faces (20, 22), said first end face (20) being constructed as an inflation opening, said second end face (22) being constructed as an outflow opening and being provided with a tear seam (24) which tears open at a predetermined internal pressure of said pouch (18) and thereby opens said outflow opening, said module (10) The side gas bag module according to claim 5 comprising another side gas bag symmetrical with said first mentioned side gas bag (14), said another side gas bag (14) including an inflatable volume which is delimited by an exterior gas bag covering (16), said another side gas bag being provided with an inflatable pouch (18) in an inflation region of said gas bag (14) inside said gas bag covering (16), said pouch (18) of said another side gas bag (14) having an elongated, tubular shape with opposite first and second end faces (20, 22), said first end face (20) of said pouch (18) of said another side gas bag (14) being constructed as an inflation opening, said second end face (22) of said pouch (18) of said another side gas bag (14) being (14) being constructed as an outflow opening and being provided with a tear seam (24) which tears open at a predetermined internal pressure of said pouch (18) of said another side gas bag (14) and thereby opens said outflow opening.

Claim 9 (Currently Amended): A side gas bag module for a vehicle occupant restraint system, said module (10) comprising

at least one side gas bag (14) including an inflatable volume which is delimited by an exterior gas bag covering (16), said side gas bag being provided with an inflatable pouch (18) in an inflation region of said gas bag (14) inside said gas bag covering (16), said pouch (18) having an elongated, tubular shape with opposite first and second end faces (20, 22), said first end face (20) being constructed as an inflation opening, said second end face (22) being constructed as an outflow opening and being provided with a tear seam (24) which tears open at a predetermined internal pressure of said pouch (18) and thereby opens said outflow opening, The side gas bag module according to claim 5, wherein no gas flows out of said pouch (18) during the inflation of said pouch (18) and before the outflow opening is open.

Claim 10 (Currently Amended): A side gas bag for a vehicle occupant restraint system, said side gas bag having an inflatable volume which is delimited by an exterior gas bag covering (16), said side gas bag being provided with an inflatable pouch (18) in an inflation region of said gas bag (14) inside said gas bag covering (16), said pouch (18) having an elongated, tubular shape with opposite first and second end faces (20, 22), said first end face (20) being constructed as an inflation opening, said second end face (22) being constructed as an outflow opening and being provided with a tear seam (24) which tears open at a predetermined internal pressure of said pouch (18) and thereby opens said outflow

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opening, The side gas bag according to claim-1, wherein the gas of said pouch only flows out of the outflow opening.

Claim 11 (Canceled)